

# TRAVERSE HOUSE CLUBHOUSE

Traverse City Weekly Newsletter #49

*"Members provide mentorship for new members and working together makes us stronger"*

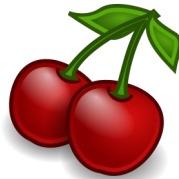


## *Clubhouse News*

Mary D has been depressed for weeks. After attending club today, she told me, "That clubhouse is a miracle for me." Her case manager told clubhouse. When talking with Mary Monday she added, "That says it all. I'm looking forward to coming on Thursday. That is why I've been coming for 20 years."

## *Cherry Festival*

The Chery Festival is on for 2021. July 2-10th. So we will be working the parking lot. Meetings for fund raising will continue as we prepare for our summer fund raiser. T-shirts, water, snacks, meals for volunteers...We will also continue to look at a virtual run.



## *Save the Date Day of Recovery Education*

The NMRE ( Northern Michigan Regional Entity ) Day of Recovery will be taking place virtually this year. This event will be on **Friday May 21st, 2021 from 1:00pm-3:00pm.**

The NMRE will have a panel discussion, speeches, bingo and trivia too. Traverse House will invite members to participate in the event on-site at the Clubhouse or join from your own device at home! Please call the Clubhouse if you have any questions- Sue O.

## *Clubhouse Donation*

Traverse House received a donation for \$650.00 from our participation in the Food Coalition!! We have deposited this check into our member fund, and will discuss ways to utilize this money during house policy meetings.

Edie is happily holding up our check from the Food Coalition

Way to go members!!



## *Easter Dinner Sign up*

Clubhouse will be delivering Easter Meals on April 4th Easter Sunday . If you are interested in getting an Easter meal please call



clubhouse to sign up,  
922-2060  
Sign up by March 31st.



## House Policy

We had a meeting on Thursday 3/25/21 and the following was discussed;

- We will move forward with planning for Cherry Festival 2021! Please join our next House Policy Meeting on April 8th at 10am to learn more.
- We will be looking into a Traverse House camping trip locally this summer.
- We made the decision to purchase a year subscription to the Record Eagle paper for \$288.
- The Education Committee provided an update. The scholarship funds available are currently \$2594.
- We also discussed the possibility of members doing the health screening with other members rather than this being a “staff only” task.

## March Birthdays

24th Danny P & Brent G

### Quote from Connie L.

"We'll be known for our opinions.  
We'll be remembered for our love."



28th Samuel C & Dannie S

### Trivia By Kathy P.

In the Bible how many days passed between  
Jesus' death and resurrection ?

Three

### Jokes By Eric B.

Why are dentists not good at telling the truth?  
Because they can't tell the tooth.

What is a mathematician's favorite food?  
What? Pi.

### Daily Remote Unit Meeting

**Monday-Friday at 10am**  
**Conference Call number:**  
**1-312-626-6799**

**Meeting ID: 739 167 9722# #**

\*Same number for Bingo, cooking and Jeopardy.

**Zoom meeting number:**

**Meeting ID: 739 167 9722**



### Creative Corner



### Contact Us:

231-922-2060

email: trahse06@yahoo.com

Facebook: Advocat Travrse Hch

Web: www.traversehouse.org

### CMH Crisis Line:

1-833-295-0616 or 1-800-422-7315 or 911

Suicide Talk Line: 1-800-SUICIDE or

1-800-273-TALK+

### ~Rich & Simple French Onion Soup~

Prep: 15 minutes

Cook: 50 Minutes

Total: 1 hour 5 minutes

Servings: 4

Yield: 4 servings

#### Ingredients:

½ cup unsalted Butter

2 Tablespoons Olive Oil

4 cups Sliced Onions

4 (10.5 Ounce) cans Beef Broth

2 Tablespoons Dry Sherry (optional)

1 teaspoon of Dried Thyme

1 Pinch Salt and Pepper to taste

4 Slices French bread

4 Slices of Provolone Cheese

2 Slices Swiss cheese, diced

¼ Cup Grated Parmesan Cheese

Brought to you by Dannie S.

#### Directions:

Step 1- Melt butter with olive oil in an 8 quart stock pot on medium heat. Add onions and continually stir until tender and translucent. Do not brown the onions

Step 2- Add beef broth, sherry and thyme. Season with salt and pepper, and simmer for 30 minutes.

Step 3- Heat the Oven Broiler.

Step 4- Ladle soup into oven safe serving bowls and place one slice of bread on top of each (bread maybe broken into pieces if you prefer). Layer each slice of bread with a slice of Provolone, ½ slice diced Swiss and 1 Tablespoon Parmesan cheese. Place bowls on cookie sheet and broil in preheated oven until cheese bubbles and browns slightly.

### *Lunch Deliveries*

Clubhouse is delivering lunches as well as pantry boxes to members who are interested.

**Lunches are \$1.50.**

**Pantry boxes are free.**



### Cheesesteak Lettuce Wraps

#### **Ingredients:**

1 lb deli roast beef

1 red bell pepper thinly sliced

1/2 cup onion thinly sliced

4 oz mushrooms thinly sliced

1 head butter lettuce

4 slices of 2% provolone cheese

Non-stick cooking spray

#### **Directions:**

1) Thinly slice bell pepper, onions and mushrooms.

2) Spray large skillet with non-stick spray. Cook vegetables over medium heat until tender (5 minutes).

3) Add roast beef to the pan. Cook until heated through.

4) Top with provolone cheese and allow to melt.

5) Separate lettuce leaves. Place beef and vegetable mixture into whole leaf. Serve immediately.

Calories: 184

Carbs: 5 grams

Fat: 7 grams

Protein: 22

Sugar: 2

Sodium: 384

Submitted by Connie L.

# COVID-19 vs. Allergies

	COVID-19	Allergies
 Common	Fever or chills	
	Cough	
	Body aches	
 Less Common	Headaches	
	Tiredness	
	Loss of taste or smell	
 Not Common	Shortness of breath	 *
	Sore throat	
	Sneezing	
	Itchy or watery eyes	
	Runny or stuffy nose	
		

\*Seasonal allergies do not usually cause shortness of breath, unless a person has a respiratory condition such as asthma that can be triggered by pollen.



[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

CS323053-A 03/11/2021

Remember: Even if you are vaccinated continue to wear your mask, social distance, and practice precautions. It is important to stay home when you are not feeling well.